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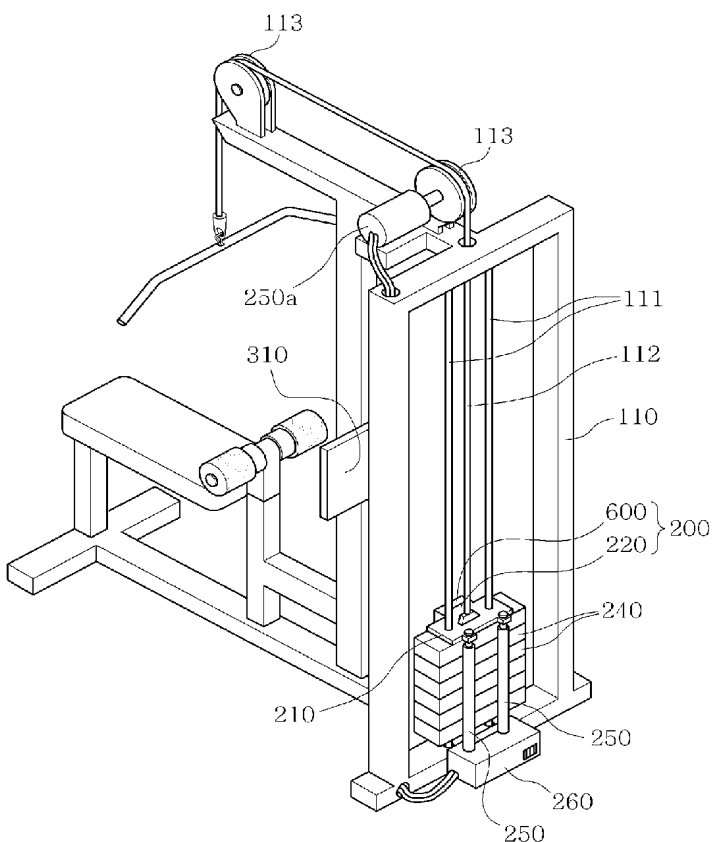
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**(54) Title:** WEIGHT-TRAINING MACHINE HAVING INDEPENDENT POWER GENERATING FUNCTION AND STACK FOR THE MACHINE



**(57) Abstract:** Disclosed is a weight-training machine having an independent power generating function, which may improve the exercising effect, control the weight caused by a solenoid without external power together with keeping a conventional button manner and eliminate a space limitation for installation of the machine. The weight-training machine has an independent power generating function so as to minutely adjust an exercising load without supply of external power. An operation distance between a fixing plate and a push button of a fixing device is minimized to allow one-touch manipulation. The solenoid may be operated with a lower electric energy. Thus, stacks are not shaken in right/left or front/rear direction on the basis of the fixing plate and the insert groove when a stack selected by the fixing plate and stacks upon the stack are moved up and down at the same time.



SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

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